

UCCOOK

Bacon & Roasted Pumpkin Salad

with Danish-style feta & cabbage

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Estate
Roussanne / Grenache Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	976kJ	5546kJ
Energy	234kcal	1326kcal
Protein	10.7g	60.9g
Carbs	12g	66g
of which sugars	7.5g	42.8g
Fibre	2.2g	12.3g
Fat	15.9g	90.5g
of which saturated	5.7g	32.6g
Sodium	541mg	3074mg

Allergens: Cow's Milk, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks
7,5ml	15ml	NOMU Moroccan Rub
150g	300g	Diced Pork Bacon
20g	40g	Nut & Seed Mix (10g [20g] Pumpkin Seeds & 10g [20g] Almonds)
100g	100g	Cabbage <i>rinse & roughly shred</i>
20g	40g	Green Leaves <i>rinse</i>
40ml	80ml	Tangy Balsamic (30ml [60ml] Balsamic Vinegar & 10ml [20ml] Lemon Juice)
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

- 1. BACON & PUMPKIN** Coat the pumpkin pieces in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). In the final 8-10 minutes, scatter over the bacon and roast until crispy. Alternatively, roast in the oven at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 10-15 minutes, scatter over the bacon, and roast until crispy.
- 2. SEEDS** Place the nut & seed mix in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. JUST BEFORE SERVING** In a bowl, combine the roast pumpkin, the cabbage, the green leaves, the nut & seed mix, and a drizzle of olive oil.
- 4. DINNER IS READY** Bowl up the loaded pumpkin salad, drizzle over the tangy balsamic vinegar, and scatter over the feta. Dig in, Chef!